

Full Report (All Nutrients) 03008, Babyfood, meat, ham, strained

Report Date: October 26, 2015 05:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 oz 28.35g	1 jar 71g	1 jar Gerber Second Foods (2.5 oz) 71g
Proximates								
Water	g	80.50	--	--	12.08	22.82	57.16	57.16
Energy	kcal	97	--	--	15	27	69	69
Energy	kJ	407	--	--	61	115	289	289
Protein	g	11.30	--	--	1.70	3.20	8.02	8.02
Total lipid (fat)	g	3.80	--	--	0.57	1.08	2.70	2.70
Ash	g	0.70	--	--	0.10	0.20	0.50	0.50
Carbohydrate, by difference	g	3.70	--	--	0.56	1.05	2.63	2.63
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00	0.00
Minerals								
Calcium, Ca	mg	6	19	0.000	1	2	4	4
Iron, Fe	mg	1.03	19	0.080	0.15	0.29	0.73	0.73
Magnesium, Mg	mg	13	2	--	2	4	9	9
Phosphorus, P	mg	81	1	--	12	23	58	58
Potassium, K	mg	204	14	--	31	58	145	145
Sodium, Na	mg	44	--	--	7	12	31	31
Zinc, Zn	mg	2.25	5	0.188	0.34	0.64	1.60	1.60
Copper, Cu	mg	0.065	4	0.004	0.010	0.018	0.046	0.046
Selenium, Se	µg	14.2	6	0.817	2.1	4.0	10.1	10.1
Vitamins								
Vitamin C, total ascorbic acid	mg	2.1	20	0.200	0.3	0.6	1.5	1.5
Thiamin	mg	0.139	19	0.009	0.021	0.039	0.099	0.099
Riboflavin	mg	0.154	19	0.006	0.023	0.044	0.109	0.109

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 oz 28.35g	1 jar 71g	1 jar Gerber Second Foods (2.5 oz) 71g
Niacin	mg	2.633	18	0.045	0.395	0.746	1.869	1.869
Pantothenic acid	mg	0.510	4	--	0.076	0.145	0.362	0.362
Vitamin B-6	mg	0.252	5	0.023	0.038	0.071	0.179	0.179
Folate, total	µg	2	--	--	0	1	1	1
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	2	--	--	0	1	1	1
Folate, DFE	µg	2	--	--	0	1	1	1
Choline, total	mg	45.2	--	--	6.8	12.8	32.1	32.1
Vitamin B-12	µg	0.10	--	--	0.02	0.03	0.07	0.07
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	2	--	--	0	1	1	1
Retinol	µg	2	--	--	0	1	1	1
Carotene, beta	µg	0	--	--	0	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	5	--	--	1	1	4	4
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	0.02	0.04	0.09	0.09
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.1	0.1	0.3	0.3
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	0.1	0.1	0.3	0.3
Vitamin D	IU	18	--	--	3	5	13	13
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Lipids								
Fatty acids, total saturated	g	1.267	1	--	0.190	0.359	0.900	0.900
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.000	1	--	0.000	0.000	0.000	0.000
12:0	g	0.007	1	--	0.001	0.002	0.005	0.005
14:0	g	0.046	1	--	0.007	0.013	0.033	0.033
16:0	g	0.797	1	--	0.120	0.226	0.566	0.566

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 oz 28.35g	1 jar 71g	1 jar Gerber Second Foods (2.5 oz) 71g
18:0	g	0.385	1	--	0.058	0.109	0.273	0.273
Fatty acids, total monounsaturated	g	1.803	1	--	0.270	0.511	1.280	1.280
16:1 undifferentiated	g	0.105	1	--	0.016	0.030	0.075	0.075
18:1 undifferentiated	g	1.646	1	--	0.247	0.467	1.169	1.169
20:1	g	0.039	1	--	0.006	0.011	0.028	0.028
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.510	1	--	0.076	0.145	0.362	0.362
18:2 undifferentiated	g	0.464	1	--	0.070	0.132	0.329	0.329
18:3 undifferentiated	g	0.020	1	--	0.003	0.006	0.014	0.014
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.026	1	--	0.004	0.007	0.018	0.018
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	24	--	--	4	7	17	17
Amino Acids								
Tryptophan	g	0.138	--	--	0.021	0.039	0.098	0.098
Threonine	g	0.603	--	--	0.090	0.171	0.428	0.428
Isoleucine	g	0.661	--	--	0.099	0.187	0.469	0.469
Leucine	g	1.111	--	--	0.167	0.315	0.789	0.789
Lysine	g	1.180	--	--	0.177	0.335	0.838	0.838
Methionine	g	0.355	--	--	0.053	0.101	0.252	0.252
Cystine	g	0.171	--	--	0.026	0.048	0.121	0.121
Phenylalanine	g	0.530	--	--	0.080	0.150	0.376	0.376
Tyrosine	g	0.466	--	--	0.070	0.132	0.331	0.331
Valine	g	0.716	--	--	0.107	0.203	0.508	0.508
Arginine	g	0.940	--	--	0.141	0.266	0.667	0.667
Histidine	g	0.472	--	--	0.071	0.134	0.335	0.335
Alanine	g	0.838	--	--	0.126	0.238	0.595	0.595
Aspartic acid	g	1.326	--	--	0.199	0.376	0.941	0.941
Glutamic acid	g	2.089	--	--	0.313	0.592	1.483	1.483
Glycine	g	0.796	--	--	0.119	0.226	0.565	0.565
Proline	g	0.645	--	--	0.097	0.183	0.458	0.458

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 oz 28.35g	1 jar 71g	1 jar Gerber Second Foods (2.5 oz) 71g
Serine	g	0.503	--	--	0.075	0.143	0.357	0.357
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0